



## Colic

### What is colic?

A child with colic cries for more than three hours a day, more than three days per week for more than three weeks. Many babies have fussy days or times, but colicky babies cry a lot, day after day, often at the same time each day. Colic occurs in about one in five babies. Colic is a benign, self-limited condition that resolves with time.

### Other signs your baby may be colicky:

- baby is not able to be soothed
- baby may have a pained look on his or her face
- baby may pull up his/her legs
- baby may have gas

### When is colic most likely to occur?

Symptoms can begin between 1 and 4 months of age but usually disappear by the time your baby is 4 months old.

### What causes colic?

The cause is not known. What we do know is loud, continuous crying is both stressful and scary for parents.

### Is there anything I can do for my baby?

A parent should check for other causes of crying such as:

- Hunger – try feeding the baby.
- Pain – Check to see if the baby is uncomfortable due to illness (fever) or physical injury (too hot, too cold, diaper too tight, hair being pulled, diaper pin sticking into skin).
- Fatigue or overstimulation. Hold the baby offer a pacifier, change the scenery (a stroll or car ride).
- Food sensitivities – infants can have allergies to food. Discuss with your healthcare provider.

**Remember:** Colicky babies are otherwise healthy. They will outgrow the colic to be just as happy and active as children who did not have colic.

For more information contact Guilford County Department of Public Health at 336-641-7777 or [www.myguilford.com](http://www.myguilford.com)